

2015

Type 1 Diabetes

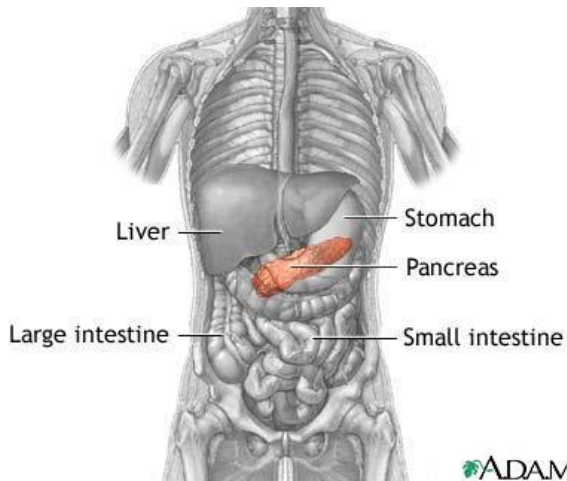


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What is Diabetes?

There is a part of our body called the Pancreas.



The Pancreas helps to make sure we don't have too much sugar or glucose in our body.

The Pancreas produces insulin. The insulin controls the amount of sugar in the blood.



The sugar in our blood comes from the foods we eat.

Having too much sugar in our bodies is bad for us and can make us very poorly.

What is **Type 1** Diabetes

You need insulin to live.

When you have **Type 1** Diabetes you are insulin dependent.



This means you have to have regular insulin injections because your Pancreas isn't working properly.

People with **Type 1** Diabetes have between 2 and 4 injections a day and it is important to take injections.



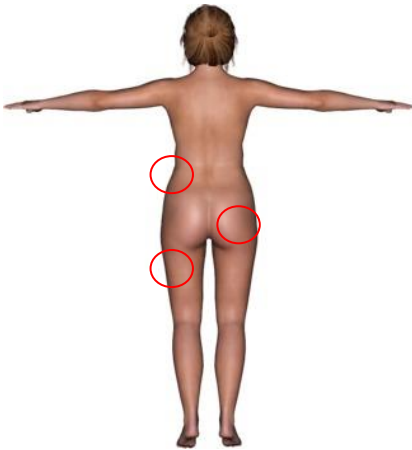
Type 1 Diabetes normally happens to children and young people.





The Diabetes Team at the Hospital will teach you how to do injections.

They will show you the best places on your body to do the injections.



There are lots of different parts of your body where you can do injections like:

- The top of your arms
- The top of your legs
- The fatty part of your stomach
- In the cheeks of your bum

You will have to regularly move where you have the injections so you don't get any lumps or bumps.



You can use special insulin pens or syringes to do injections.

The Diabetes Team will tell you the best way for you to manage your diabetes including what to use to have injections.

The Diabetes Team will tell you:

- ✓ How to check the sugar levels in your blood
- ✓ How well your kidneys are working
- ✓ Your cholesterol levels
- ✓ How much insulin you will have to take every day
- ✓ How many times you have to take injections
- ✓ How to get rid of your needles
- ✓ How to look after your insulin and medication



All of these things will keep you healthy and well.



Staff in the Diabetes Team will talk to you about how well you are managing your Diabetes and if you need any other support.

You will have regular checks on things like:



- Your weight
- Your eyes
- Your blood
- Your diet
- Your feet

They will tell you how to keep a diary to record:



- Sugar levels
- Things you have eaten

What is a Hyper? (Hyperglycaemia)

People with Diabetes can suffer from **Hyper's**.

This means the sugar levels in your body are too high.

Being **Hyper** can make you feel:

- Thirsty - have a dry mouth
- Not being able to see properly – your vision might be blurry
- Needing to go the toilet more often for a wee than you should
- Feel very tired
- Feel confused
- Feel like your body is shaking
- You want to eat or drink sweet sugary things



A Hyper can happen because:



- You have eaten too much
- You have not taken enough insulin



- You might be poorly – this might be a tummy upset, a cold or an infection

Being Hyper can make you very poorly.



You will need to get your sugar levels down.

You will need to get help straight away from either your GP or from the Hospital Diabetes Team.

What is a Hypo? (Hypoglycaemia)

People with Diabetes can suffer from **Hypo's**.

This means the sugar levels in your body are too low.

Being **Hypo** can make you feel:

- Bad tempered and very angry
- Like your body is shaking
- You sweat and your body will feel clammy
- You feel like your lips are tingling – sometimes your lips can turn blue
- You feel weak and sick
- You are hungry
- You look pale
- You can become quiet and withdrawn



A Hypo can happen because:



- You might have taken too much insulin

- You haven't eaten properly

- You have missed a meal

- You have had too much exercise



- You have been drinking alcohol

- It's a hot day

Being Hypo can make you very poorly.
You will need to get your sugar levels up.



You can stop a Hypo by having a small bag of sweets (like jelly babies or fruit pastel) and eat 5 to bring your sugar levels up.

Eat a sandwich or biscuit, have a sugary drink.

What should I eat and drink?



If you have **Type 1** Diabetes these are some of the things you should eat / drink:

Carbohydrates	Diary
Bread Pasta Cereal (not sugary) Potato's Rice	Milk (skimmed or semi skimmed) Yogurt (low fat) Cheese (small amount and low fat)
Protein, Fruit & Vegetables	Dinks
Lean meat Fish Eggs Beans Fresh Fruit Tinned fruit in juice Fresh vegetables Frozen vegetables	Water Tea Coffee Diet drinks

You need to be careful about how many grapes, strawberries or raspberries you eat because these are high in natural sugar.

The portion of fruit should fit on the palm of your hand.



These are some of the things you shouldn't eat / drink:



High in Fat	Sweet
Fried food Crisps Popcorn (sweet) Beef burgers Pies Pasties Kebabs Butter / Ghee	Cakes Biscuits Sweets Jam Chocolate Ice Cream Syrup
Other things	Drinks
Tinned fruit in syrup Salt Sugary cereal (Frosties / Honey Nut Loops) Tomato Ketchup Cooking Sauces	Full sugar drinks Fruit juice Energy drinks Alcohol